

JANUARY CLEARANCE SALE

For two weeks we are placing our entire stock of high class furniture, bedding, stoves, ranges, at discounts ranging from 10 to 25 per cent.

Sale Starts

Saturday Morning, Jan. 9

and Ends

Saturday Evening, Jan. 23

The List Includes Every Article in the Store

Furniture Stoves Curtains Rugs
Linoleums Pictures Traveling Bags
Floor Lamps Window Shades Trunks
Cedar Chests Ranges Heaters

\$10,000.00 Stock to Select From

COQUILLE FURNITURE CO.

M. J. Hartson, Owner

Post Office Block, Coquille



Caloric Requirements of the Child

DIETITIANS declare that the average boy or girl of four years should receive about forty calories a pound of body weight per day. The average weight of a child of four years is forty pounds. Therefore the total caloric requirement would be approximately 1,600 calories. Caloric is merely the name for a certain measure of heat derived from the burning of food.

Necessarily, the caloric requirement of the child is dependent on his temperament, since a child who plays hard and long requires more nourishment than one who leads a quieter life. Rate of growth also has a bearing on caloric requirements. The child who is growing rapidly should be given more food to meet his caloric needs than the boy or girl whose growth is normal.

Mothers know the daily diet should consist of the essential foodstuffs, protein, carbohydrates, fats, minerals and water. The important thing for her is to learn the foods that contain these essentials in a balanced diet. Below is a well-balanced menu for any child six years old compiled by an authority on home economics.

ONE DAY'S MENU FOR SIX-YEAR-OLD CHILD.

Breakfast.
6 stewed prunes 130 calories
1/2 cupful cream of wheat 25 calories
Served with half cream (6
thap.) and half evaporated
milk 145 calories
1 slice buttered toast 150 calories
1 cup cocoa made with
evaporated milk 150 calories

Luncheon at School.
Baked potato and butter. 200 calories
1/2 cupful spinach 25 calories
1 baked apple (1 thap. sugar,
1/4 thap. butter) 100 calories
1 slice bread buttered with
1/4 thap. butter 100 calories

Afternoon Luncheon at School.
1 orange 100 calories

Dinner.
1 small piece broiled steak
(3/4 x 2 1/2 x 1/4) 75 calories
1/2 cupful mashed potato 100 calories
1/2 cupful lima bean soup
made with evaporated
milk 75 calories
1 glass milk, orange drink 100 calories

Total 1,540 calories
Children often become wearied of drinking plain milk. Mixing their milk with fruit juices is a welcome change. Following is the recipe for a refreshing milk drink: Mix 1/2 cupful orange juice, 1/4 cupful evaporated milk, three teaspoonsful of sugar, 1/4 teaspoonful of lemon juice and a few grains of salt. Shake well in a fruit jar before serving.

Be a Milk Tippler, Says Dr. Schireson



Dr. Schireson.

Peaches and cream complexion of American women have their foundation in a milk diet, according to Dr. Henry J. Schireson, famous Chicago dermatologist and facial plastic surgeon.

Doctor Schireson has won fame by beautifying motion picture stars and many society women of America. He transformed Fanny Brice's nose, rejuvenated Eva Tanguay's face, removed sixty-four pounds of adipose tissue from Truly Shattuck in one operation, straightened the cross eyes of the leading lady of Singer's midlets, and has performed other corrections for making people young and beautiful.

Doctor Schireson has one infallible prescription for the attainment of beauty. It is: "One quart of milk a day, one hour of sunshine, and repeat ad libitum."

the daily quart of milk taken as a part of the diet.

"The milk-fed girl is easily distinguished by the velvety texture and the healthy color of her skin. Milk is a wonderful body builder, because it contains every structural element it is, in a way, an elixir of life."

"Authorities agree that milk is the most nearly perfect food but it is an extremely delicate one as well. Heat sufficient to kill all bacteria is the essential of absolutely pure and sterile milk. One of the advantages of evaporated milk, which is simply fresh cow's milk with sixty per cent of the water removed, is that it is entirely sterile and is more easily assimilated than ordinary market milk."

"Milk is mentioned forty-seven times in the Bible. The Promised Land of the Israelites was said to flow 'with milk and honey' and Ovid graded milk as second only to nectar, the drink of the gods."

Live Stock Items

Don't waste your surplus feeds.

Don't turn cattle or sheep on instant clover when the dew is on.

Don't allow pregnant breeding animals to become too fat.

Don't feed a ration containing corn close to any class of stock.

Empty corn cribs help explain why chickens are feeding and marketing smelt so much these days.

Don't allow your breeding animals to become so thin that you have to apologize for their condition.

Hops and mineral matter, placed where the twigs can meet at all times, will produce sturdy porkers.

Sheep and hog parasites live inside the animals; you can't get at them with external remedies.

Don't use pastures too early in the spring and don't graze pastures too closely.

A good feeding ration for steers, be they yearlings or five-year-olds, is corn, alfalfa and alfalfa hay.

Breed sows, bred to farrow in the spring, should be kept in good flesh, but not allowed to become too fleshy.

A good grade of alfalfa hay is much appreciated in small quantities by the cow and helps in producing milk.

Calling cards 100 for \$1.50.

Methodist Church, South

"Is Christianity Scientific?" will be the subject at the morning service. This is not a theoretical essay but a message with practical meaning and application.

The Sunday School meets at 10 a. m. A welcome and a place for every member of the family. The school needs you and you need the school. Epworth League service at 6:30 p. m.

Evening Song and Preaching service, 7:30 p. m. The subject will be "Life's Armies and Battleships." You are invited to attend all the services of the church.

Milton F. Hill, pastor.

M. E. Church

The revival will continue all next week. Brother Cox to preaching full salvation with great action and power. An all-day business meeting Friday, January 8. Rev. J. H. Elbert will preach one sermon during the day. The expression "full salvation" means regeneration and sanctification. All believers should press into this "second grace" which is holiness. Why remain poor when you might as well be rich? And then what with the Word? "Without holiness no man shall see the Lord." Mrs. Cox is leading the singing with power and grace. Sunday school and League as usual. You are welcome. Your heart cries for this blessing. J. S. Potts, pastor.

St. James Episcopal Church

First Sunday After Epiphany Jan. 10 10 a. m. Church School. 7:30 p. m. Evening Prayer and Address. Everyone cordially welcome.

A. W. Bell, Vicar.

The Holy Name Catholic Church Coquille

Services on the first Sunday of the month at 10:30 a. m. On the third Sunday at 9:00 a. m. Rev. James L. Carrion. Special Chicken Dinner at the new Coquille Hotel every Sunday.

Church of Christ

The church is having a rare treat in the visit of C. F. Swander, our state secretary, and the giving of lectures on "Stewardship." He is reported to be one of the very best informed men on that subject to be found anywhere. All members of the church who miss this will miss much.

Friday evening's subject will be "God's Share." A very important subject. Don't fail to hear it.

Let us all be present at 10 o'clock.

Sunday morning at the Bible School.

Morning worship and sermon at 11 a. m.

Bro. Swander will speak on the subject: "Scriptural Example of Liberty."

Young People's Meeting at 6:30 p. m.

At 7:30 Sunday evening Bro. Swander will speak again. His subject will be "The Christian's View of Money." This closes his addresses. All are urged to be present.

Eugene A. Palmer, minister.

Christian Science Society

Sunday School at 9:30 a. m.

Sunday Service at 11 a. m.

Subject for next Sunday, "Sacrifices."

Free public Reading Room open in Church Building every Tuesday and Saturday afternoons from two to four.

Baptist Church

Services held in the Presbyterian church.

Sunday School at 10 a. m.

Young people's meeting at 6:30 p. m.

Preaching service at 7:30 p. m.

Subject: "How to Run a Race."

Prayer meeting Thursday evening at 7:30. Subject: "Sowing and Reaping."

You are cordially invited to attend these services.

Rev. E. N. Turner, pastor.

Church of God

Sunday school 10 a. m.

Morning worship 11 a. m.

Young People meeting 6:30 p. m.

Evening services 7:30 p. m.

Prayer meeting Thursday evening at 7:30 p. m.

Everyone cordially welcome.

N. E. Jennings, Pastor.

Baptist Church News

The Baptist Church held their annual business and prayer service last Thursday evening, beginning with a seven o'clock dinner at the church, after which the meeting was called to order by Rev. E. N. Turner, pastor of the church.

At the conclusion of the business meeting a number of people were called on for five minute talks. Many good thoughts were brought out, and how we could best carry on the

Most Everyone Has Several Times Experienced

A Lost Chance

A
CALL
FOR
MORE
CASH

SOME day your opportunity will come along and with this opportunity will come a call for more cash.

If you lack the money you will probably lack the credit and perhaps lose your chance.

Prepare now for the next time. Co-operate with yourself and with this bank and there can be no question about your future.

Farmers & Merchants Bank

COQUILLE, OREGON

Charter No. 29

Report of the Condition of

Reserve District No. 12

Farmers & Merchants Bank.

at Coquille, in the State of Oregon, at the close of business Dec. 31, 1925.

RESOURCES

1. Loans and discounts, including redemptions, acceptances or bills of exchange, sold with endorsement of the bank (including items shown in 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 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